

DINNERLY



Fan Fave: Chicken and Chips

with Spiced Butter and Parsley Salad



35 minutes



2 Servings

We all love chicken and chips and this recipe ups the flavour factor with a smoky, herby butter and a scrumptious mix of regular and sweet potato.

WHAT WE SEND

- 1 red onion
- parsley
- 1 potato
- 1 sweet potato
- 5g Spanish spice blend ¹⁷
- 1 large free-range chicken breast fillet

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 small garlic clove
- 20g butter ⁷
- 1½ tbs olive oil
- 1 tbs red or white wine vinegar ¹⁷
- ½ tsp sugar
- ½ tsp dijon mustard ¹⁷

TOOLS

- oven tray
- baking paper
- mandoline (optional)
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 540kcal, Fat 24.4g, Carbs 36.0g, Proteins 40.1g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Thinly slice the **onion** with a sharp knife or mandoline. Pick the **parsley** leaves and finely chop half the stems, discarding the remaining stems. Crush **1 small garlic clove** (see Kitchen hack). Put **20g butter** in a bowl to soften.



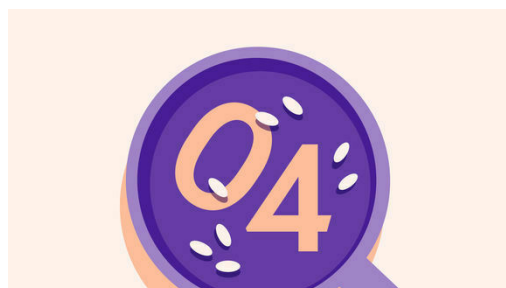
2. Roast chips

Cut the **unpeeled potato** and **unpeeled sweet potato** into 1.5cm-thick chips, then put on the lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Roast, turning once, for 25 mins or until golden and tender.



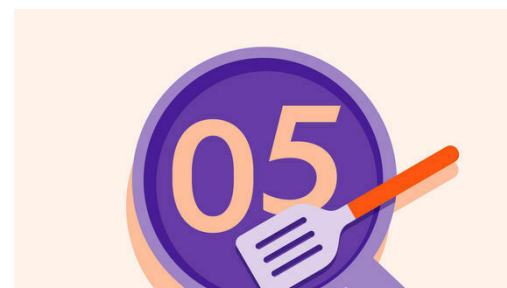
3. Pickle onion

Meanwhile, put **1 tbs red wine vinegar**, **2 tsp olive oil** and **½ tsp sugar** in a bowl, season with **salt and pepper** and stir to combine. Add the **onion**, toss to combine and set aside to pickle.



4. Make spiced butter

Add the **parsley stems**, **garlic**, **1 tsp Spanish spice blend*** and **½ tsp dijon mustard** to the **softened butter**, season with **salt and pepper** and stir to combine. Put the **chicken** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Season well with **salt and pepper**.



5. Cook chicken and serve

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove the pan from the heat. Add the **parsley leaves** to the onion mixture and toss to combine. Divide the **chicken**, **chips** and **parsley salad** among plates. Top the chicken with the **spiced butter** and enjoy!



6. Kitchen hack

Garlic used raw needs to be finely minced. If you don't have a garlic crusher, adding a little salt to the garlic on the chopping board helps.